

## Coping with disaster

The team at NADA would like to acknowledge all those affected by the bushfires. We understand this is an extremely difficult and stressful time for many people and communities who've been directly or indirectly affected. We'd like to share some information to support you, in supporting your clients, their families, significant others, and the community, during this time.

### For 24/7 counselling and support refer to:

- [Lifeline Australia](#) — 13 11 14
- [Kids Helpline](#) — 1800 55 1800
- [MensLine Australia](#) — 1300 78 99 78
- [Suicide Call Back Service](#) — 1300 659 467
- [Beyond Blue](#) — 1300 22 4636
- [Open Arms - Veterans & Families Counselling](#) — 1800 011 046
- [Australian Drug Information Service](#) — 9361 8000 or 1800 422 599
- [Mental Health Access Line](#) — 1800 011 511

*For more services that can support people experiencing mental health issues and trauma, see [Healthdirect](#) and the [NSW rural adversity mental health program](#).*

### Practical resources and information to support people impacted by the bushfires

To download practical strategies and information to help you cope with disasters, see these pages from the [Australian Psychological Society](#) (APS) and the [Australian Red Cross](#). The latter provides tips in seven different languages.

### Practical resources and information to support children and young people affected by the bushfires

Read [Birdie and the fire](#) to young children to help them understand the fires. It also gives you the opportunity to talk to children about what is happening in a child focused way. Or watch [Kylie the kangaroo](#) with children to explain the fires and discuss children's feelings.

The [community trauma toolkit](#) from Emerging Minds contains resources for you to help your clients and their children navigate the different stages of a disaster: before, during, and after a traumatic event.

Headspace has resources to support young people, their family and friends after a natural disaster. Read '[how to support your child after a natural disaster](#)' and, for young people, '[how to cope with the stress](#)'.

For information and practical strategies to support children and young people impacted by the fires, download [this resource](#) [PDF] from the APS and read the Healthdirect advice about [explaining natural disasters to kids](#).

For advice for helping children and young people cope with a crisis, download [this resource](#) [PDF] from the Red Cross.

For tip sheets and information to support children and families to focus on their strengths, see the [Trauma and Grief Network](#).

### **Research providing insight into how to support those affected by disasters**

The University of Melbourne [10 years beyond bushfires](#) website has useful research that provide insight into how to support people impacted by disasters. The website also has helpful resources and links to services. For an overview of the findings, see the [beyond bushfires update](#) [PDF].

*If you have any questions about any of these resources or information, or for clinical advice or other practice support you can also email [Suzie Hudson](#) or [Michelle Ridley](#).*

### **Material relief, advice about grants and referrals to other services and support**

For support for people directly affected by the bushfires, visit the [Australian Government Human services emergency help](#).

For information about NSW Government Assistance for bushfire affected communities, go to the [NSW Government emergency management](#).

People in immediate need can refer to the [NSW Office of Emergency Management](#) (OEM) website or call (02) 9212 9200 for advice on evacuation centres. The OEM provides a range of assistance e.g. relief grant applications, information about available rebates, grants, loans and insurance claims, and links to mental health services.

For assistance for people whose home have been damaged by disaster who are renting go to the [Tenants Union website](#) or to contact your local Tenants' Advice and Advocacy Service click on the link and enter your postcode. The [Financial Counsellor Association of NSW](#) has a comprehensive list of services and supports.

*For more services that can support people impacted by the bushfires, see the [NCOSS Bushfire relief resource](#).*